QUICK COOKING AND INSTANT RICE AND METHODS OF MAKING SAME

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Abstract

A parboiled, milled quick-cooking rice has a natural appearance both before and after cooking and has microfissures on a portion of the surface of the rice grain and a water absorption greater than 220 g/100 g of dry rice after cooking in water for 8 minutes. Also claimed are: (1) preparation of the quick-cooking rice comprising: providing parboiled rice at a uniform moisture content of above 17 wt%; mechanically manipulating the parboiled rice to generate transverse surface microfissures in the individual grains without plastic deformation of the individual grains; and drying the parboiled rice to microbiological stability to result in the quick-cooking rice as above; (2) a quick-cooking rice produced in (1); (3) preparation of an instant-cooking rice comprising: providing a parboiled rice at a uniform moisture content of above 19-30wt%; mechanically manipulating the rice to generate transverse surface cracks in the individual rice grains without plastic deformation of the grains; instantizing the manipulated rice grains; drying the instantized rice to microbiological stability to result in the instant-cooking rice having a water absorption rate greater than 220 g/ 100 g dry rice after cooking in excess water for 5 minutes; and (4) preparation of a quick-cooking rice comprising: providing a parboiled brown rice at an average moisture content of 17-30%; milling the rice while it is at the average moisture content to remove the bran from it; and drying the milled rice to microbiological stability.